

JBSA LEGACY

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JOINT BASE SAN ANTONIO

JANUARY 20, 2017



Master Sgt. Michael Maroney, former pararescuer, speaks during the opening of the week-long Air Force Wounded Warrior Warrior CARE event Jan. 10 at Joint Base San Antonio-Randolph. AIRMAN 1ST CLASS LAUREN PARSONS

JBSA hosts Wounded Warrior CARE event

Page 16



Life-saving device receives clearance

Page 7



433rd MSG hosts honorary commanders

Page 11

What service before self truly means

By Chief Master
Sgt. Bill E. Fitch II

92ND OPERATIONS GROUP
SUPERINTENDENT

FAIRCHILD AIR FORCE BASE, Wash. (AFNS) — In the summer of 2002, my wife, Denise, taught me the true meaning of service before self.

We had just been stationed at Lackland Air Force Base in San Antonio, where I started teaching technical training school. We moved into a house on base, we met our neighbors and I started working ... a lot!

Wake up, go to the track, run physical training, teach class, type reports ... rinse and repeat. I had no idea that our neighbor, a technical sergeant with two special needs children, was going through a divorce. Denise knew; she spoke with the wom-

an often after her husband had left them.

As you might know, being a single parent in the military is extremely difficult; there isn't enough time in the day. One of the things that fell out of our neighbor's priority list was yard work. Lackland AFB is the "Gateway to the Air Force;" they take yard standards very seriously. Denise noticed that she had been written up multiple times, evidenced by the large pink sticker stuck to her front door.

As I continued to work and be oblivious to the entire situation, Denise took action. My wife has a green thumb; she loves and has a passion for all things growing out of dirt. She decided that when she mowed, weeded, watered and planted flowers at our house, she would just do the same for our neigh-

bor. This wasn't once; it was twice a week for over the entire summer.

Finally, later in the fall, I was home in the evening, sitting on the couch watching TV when the doorbell rang. It was our neighbor; she was holding a glass dish with a chocolate cake inside. She asked if she could speak to my wife. Denise came to the door and I stepped away, but not too far.

I listened intently as our neighbor uttered a few tearful and broken words to her, "I can't thank you enough for everything that you have done for me. After my husband left I didn't think I could keep it together."

Denise rushed in and gave her a big hug and told her it was no big deal. They said a few more things and then she returned home. Denise brought

the cake in and set it on the counter. She proceeded to fill me in on the details of her summer. As the story unfolded, I separated myself from that moment and immediately thought, "I married the right person."

From that moment and until today, I still reflect on that often. I think of how Denise didn't have a performance report or a quarterly awards package due. She saw a person in need, she had a means to help and make a difference, and she took action. She didn't brag to me about her work, she didn't mention it once. It motivates me to this day. So, think of what you might have to offer — time, effort or skill. If there is something you are passionate about, harness it, support someone in need and make a difference; keep the spirit of service before self alive.

Weingarten Rights: a reminder for bargaining unit employees

By Charles "Chuck" Brady
802ND FORCE SUPPORT SQUADRON

Title 5, U.S. Code, Chapter 71, is commonly referred to as the "Federal Service Labor-Management Relations Statute," or the "statute" for short. It governs the federal sector labor relations program throughout covered government agencies for more than 1.9 million employees.

One requirement of the statute is that agencies must annually remind bargaining unit employees of their "Weingarten Rights."

However, some may not know what a "Weingarten Right" actually is. A duly rec-

ognized union is entitled to represent bargaining unit employees in meetings with management in connection with an investigation.

The Federal Labor Relations Authority, or FLRA, the federal agency charged with the administration and enforcement of the statute, has consistently held that three conditions must be met for a meeting to be considered a "Weingarten" meeting:

(1) One or more agency representatives are examining (questioning) a bargaining unit employee in connection with an investigation;

(2) The employee reasonably believes that the examination

may result in disciplinary action against the employee; and

(3) The employee requests union representation.

In accordance with 5 U.S.C. 7114(a)(3), agencies shall annually inform its employees of their rights under paragraph 7114(a)(2)(B) to request union representation in meetings with management in connection with an investigation, if the criteria put forth above are met.

KNOW YOUR RIGHTS

COURTESY GRAPHIC

Questions regarding "Weingarten Rights" or general questions regarding the Federal Service Labor-Management Relations Statute may be directed to the staff of the Labor Management Relations Office, Civilian Personnel Services.

For more information at Joint Base San Antonio-Fort Sam Houston, call 808-0205; at JBSA-Lackland, call 671-4528; and at JBSA-Randolph, call 652-7700.

JBSA LEGACY

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Smoke alarms, fire extinguishers: a key component of every safe household

BY JOINT BASE SAN ANTONIO FIRE PREVENTION OFFICES

Fire detection plays a vital role in providing fire safety in protecting people, property and contents, in contrast to 50 years ago when any sort of automatic fire detection was a rarity in any facility.

A series of fire incidents and the continuation of research has changed the attitude of the populace. With the number of lives lost, substantial damage to property and its contents the lack of early fire detection was much needed.

The National Fire Protection Association, or NFPA, publishes fire statistics each year. The leading occupancy types of fires, for injuries and deaths, are residential. Residential fire deaths have fallen by more than 50 percent since the introduction of the residential smoke alarm.

Smoke alarms are a key part of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

Safety tips

- A closed door may slow the spread of smoke, heat and fire.
- Install smoke alarms in every sleeping room and outside each separate sleeping area. Install alarms on every level of the home, including the basement, if the house has one. Smoke alarms should be interconnected, so when one sounds, they all sound.

- Large homes may need extra smoke alarms.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.

- There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use of both types of alarms in the home.

- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.

- People who are hard of hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.

- Replace all smoke alarms when they are 10 years old.

- Smoke alarms are an important part of a home fire escape plan.

Plan your escape

Your ability to get out of your house during a fire depends on advanced warning from smoke alarms and having an escape plan.

- Get everyone in your household together and make a home escape plan. Walk through your home and look for two ways out of every room.

- Make sure escape routes are clear of debris and doors and windows open easily. Windows with security bars or grills should have an emergency release device.

- Plan an outside meeting place where everyone will meet once they have escaped. A good meeting place is something permanent, like a tree, light pole or mailbox a safe distance in front of the home.

- If there are infants, older adults, family members with mo-

FIRE SAFETY continues on Page 5

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- » Install smoke alarms inside and outside each bedroom and sleeping area. Install alarms on every level of the home. Install alarms in the basement.
- » Large homes may need extra smoke alarms.
- » It is best to use interconnected smoke alarms. When one smoke alarm sounds they all sound.
- » Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- » There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use both types of alarms in the home.
- » A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- » People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- » Replace all smoke alarms when they are 10 years old.



FACTS

- ! A closed door may slow the spread of smoke, heat, and fire.
- ! Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ! Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or the alarms are not working.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

GRAPHIC COURTESY OF NATIONAL FIRE PREVENTION ASSOCIATION

JBSA facilities offer ‘Move It 2 Lose It’ challenge

FROM BROOKE ARMY MEDICAL CENTER

Joint Base San Antonio nutrition clinics, health promotion offices, fitness centers and Army Wellness Centers are teaming up to offer a health and weight loss competition for the JBSA community. Active duty members, family members, retirees and Department of Defense civilians are encouraged to participate in a “Move It 2 Lose It” challenge, which continues through March 31.

Participants will earn points for percent of weight loss and participation in the health promotion contest. People can sign up as individuals or as workplace teams of five or more people. The challenge will include weekly

weigh-ins. Teams can earn more points for a healthy worksite assessment.

For TRICARE beneficiaries, points can be earned at nutrition clinics and health promotion offices.

To sign up at JBSA-Fort Sam Houston, visit the nutrition clinic on the first floor of the Capt. Jennifer Moreno Clinic at 3100 Schofield Road or call 808-2232/3609.

At JBSA-Lackland, visit the nutrition clinic in Room 9B47 on the ninth floor of the Wilford Hall Ambulatory Surgical Center at 2200 Bergquist Drive or call 292-7578.

At JBSA-Randolph, visit the health promotions office in building 1751, located at 1st Street East, Suite 2, or call 652-3641/3200.

To advertise in the JBSA Legacy,
call 250-2052.

Move It 2 Lose It Challenge

New Year, New YOU!

3 January - 31 March 2017

Make 2017 the year to commit to your health by signing up for a weight loss and health promotion contest. Points will be earned for percent weight lost and participation. Sign up as an individual or as a workplace team of 5 or more.

Earn points at your

Nutrition Clinic*

Health Promotion Office*

Army Wellness Center†

Fitness Center Classes & Events

Weekly Weigh Ins

And more

Teams can earn points for a healthy work site assessment.

*Only open for TRICARE beneficiaries

†Services available to Retirees, Active Duty, Family Members, DoD Civilians

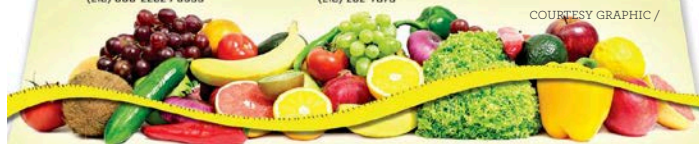
Visit your JBSA location to sign up today!

Fort Sam Houston
CPT Jennifer Moreno Clinic
3100 Schofield Road
Nutrition Clinic, 1st floor
(210) 808-2232 / 3609

Lackland Air Force Base
Wilford Hall
2200 Bergquist Drive
Nutrition Clinic 9th Floor, Room 9B47
(210) 292-7578

Randolph Air Force Base
Health Promotions Bldg. 1751
1st Street East, Suite 2
(210)-652-3641/3200

COURTESY GRAPHIC /



FIRE SAFETY

From Page 3

bility limitations or children who do not wake to the sound of the smoke alarm, make sure that someone is assigned to assist them in the event of an emergency.

- If the smoke alarm sounds, get outside and stay outside. Respond quickly — get up and go, remember to know two ways out of every room, get yourself outside quickly and go to your outside meeting place with your family.

- Learn more about home escape planning at nfpa.org/public-education/by-topic/safety-in-the-home/escape-planning.

Facts about smoke alarms

- Of the home fires reported to U.S. fire departments smoke alarms sounded in more than half of the home fires.

- Three of every five home fire deaths resulted from fires in homes with absent or nonworking smoke alarms.

- No smoke alarms were present in almost 38 percent home fire deaths.

- The death rate per 100 reported home fires was more than twice as high in homes that did not have any working smoke alarms compared to the rate in

homes with working smoke alarms (1.18 deaths vs. 0.53 deaths per 100 fires).

- In fires in which the smoke alarms were present but did not operate, almost half of the smoke alarms had missing or disconnected batteries.

- Dead batteries caused one-quarter of the smoke alarm failures.

Fire extinguishers

Do you have a fire extinguisher in your home? Many of us do, but few stop and think about the type, how and when a fire extinguisher should be used ... and when it shouldn't.

Most household fire extinguishers should carry an ABC rating. An ABC rating is appropriate for common household fires. Check the label on the fire extinguisher to see which rating it carries.

There are different types of fires:

- Class A fires involve common combustibles such as wood, paper, cloth, rubber, trash and plastics.

- Class B fires involve grease, solvents, oil, gasoline, paints and other oil-based products. Class B fires often spread rapidly.

- Class C fires involve electrically energized fires such as wiring, controls, motors and machinery or appliance fires.

Where to store your extinguisher

- Install fire extinguishers on every level of the home to include the kitchen, basement and garage.

- Place the fire extinguisher by an exit so you can leave if the fire becomes too large for you to extinguish.

- Do not keep the extinguisher near the stove. If a fire breaks out at the stove, you want to be able to grab the extinguisher from elsewhere. Train all family members — including responsible children — when and how to use fire extinguishers.

Use a fire extinguisher only if:

- You know how to use a fire extinguisher.

- The fire is small and you feel confident in fighting the fire.

- The correct extinguisher is immediately at hand.

- You have a clear exit path behind you. Never let the fire come between you and your way out.

- If the fire is not quickly extinguished, get out of the home, closing the doors behind you, and do not re-enter.

Remember the acronym, "P.A.S.S."

P — Pull the Pin at the top of the extinguisher.

A — Aim the extinguisher nozzle at the base of the flames.

S — Squeeze trigger while holding the extinguisher upright. If you release the handle, the discharge will stop.

S — Sweep the extinguisher from side to side, covering the area of the fire with the extinguishing agent.

After the fire appears to be out, watch it carefully since it may reignite.

Additionally, inspect your extinguisher each month. Make sure it's in the proper location and check the charge level.

The gauge, if provided, should be at 100 percent or "full." If it is below those levels, have the extinguisher recharged by a professional. Replace your extinguisher if it cannot be recharged.

The best defense against a fire is to be prepared. Take a moment to inspect your fire extinguisher. Read the label and know how to use it.

For more information, visit the National Fire Prevention Association website at nfpa.org/education or contact one of the Joint Base San Antonio fire prevention offices. At JBSA-Fort Sam Houston, call 221-2727; at JBSA-Lackland, call 671-2921; or at JBSA-Randolph, call 652-6915.

(Editor's note: Images and information contained in this article were reproduced in whole or part from the National Fire Prevention Association's website at nfpa.org.)

Air Force evolves policies to access more talent, maintain high standards

BY SECRETARY OF THE AIR FORCE
PUBLIC AFFAIRS

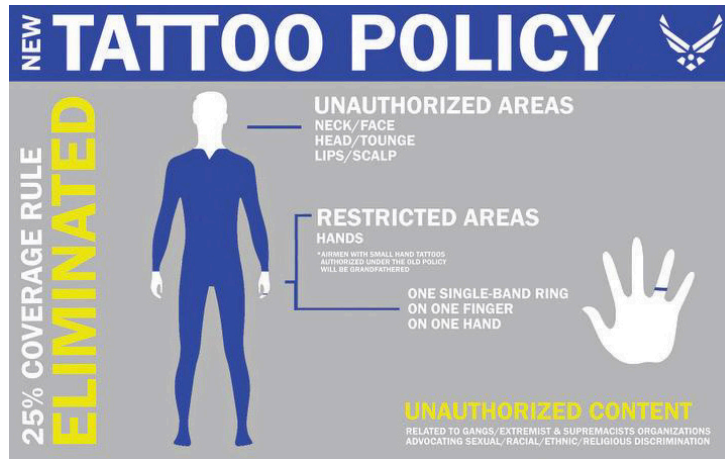
The Air Force announced new policies on dress and appearance with regards to tattoos, as well as changes to service medical accession policy Jan. 9.

These changes result from a review of Air Force accessions policies directed by Air Force Secretary Deborah Lee James in 2016.

“As part of our effort to attract and retain as many qualified Airmen as possible, we periodically review our accessions policies,” James said. “In this instance, we identified specific changes we can make to allow more members of our nation to serve without compromising quality. As a next step in this evolution, we are opening the aperture on certain medical accession criteria and tattoos while taking into account our needs for worldwide deployability and our commitment to the profession of arms.”

Authorized tattoos on the chest, back, arms and legs will no longer be restricted by the “25 percent” rule, while tattoos, brands or body markings on the head, neck, face, tongue, lips and/or scalp remain prohibited. Hand tattoos will be limited to one single-band ring tattoo, on one finger, on one hand. The hand tattoo change ensures the ability to present a more formal military image when required at certain events and/or with dress uniforms. Current Airmen with existing hand tattoos that were authorized under the previous policy will be grandfathered in under the old policy standards.

A recent review of Air Force field recruiters revealed almost half of contacts, applicants and recruits had tattoos. Of these, one of every five were found to have tattoos requiring review or that may be considered disqualifying; the top disqualifier was the 25 percent rule on “excessive” tattoos. The new policy lifts the 25 percent restriction on authorized tattoos to the chest, back, arms and legs, which opens up this population for recruitment into the Air Force.



Tattoos, brands and body markings anywhere on the body that are obscene, commonly associated with gangs, extremist and/or supremacist organizations, or that advocate sexual, racial, ethnic or religious discrimination remain prohibited in and out of uniform. To maintain uniformity and good order and consistent with Air Force Instruction 36-2903, “Dress and Personal Appearance of Air Force Personnel,” commanders will retain the authority to be more restrictive for tattoos, body ornaments and/or personal grooming based on legal, moral, safety, sanitary, and/or foreign country cultural reasons.

The new tattoo policy is effective Feb. 1, 2017. Further implementation guidance will be released in an addendum to the policy guidance.

The Air Force’s periodic review of medical accession standards and advancement of medical capabilities prompted policy changes with respect to waivers concerning common conditions that have routinely disqualified prospective Airmen from service: eczema, asthma and attention deficit hyperactivity disorder. Waivers for eczema, asthma and ADHD currently constitute the highest volume of requests from Air Force recruiters. Addi-

tionally, current Air Force accession policy with respect to pre-service marijuana use is not reflective of the continuing legalization of marijuana in numerous states throughout the nation.

“We are always looking at our policies and, when appropriate, adjusting them to ensure a broad scope of individuals are eligible to serve,” said Chief Master Sgt. of the Air Force James A. Cody.

While medical accession standards are standardized across the Services, the Air Force has modified some of its more restrictive service policy, or established specific criteria to streamline and standardize waiver processes to increase the number of qualified candidates entering service. These changes include:

- **Eczema:** Select candidates medically classified as having mild forms of eczema will be processed for a waiver. Certain occupational restrictions may be applied to secure personal and mission safety.

- **ADHD:** Candidates who do not meet the standard of never having taken more than a single daily dosage of medication or not having been prescribed medication for their condition for more than 24 cumulative months

after the age of 14 will be processed for a waiver if they have demonstrated at least 15 months of performance stability (academic or vocational) off medication immediately preceding enlistment or enrollment and they continue to meet remaining criteria as outlined in Defense Department Instruction 6130.03.

- **Asthma:** The Air Force will use the Methacholine Challenge Test to provide an objective measure of candidates with an ambiguous or uncertain history of asthma. Candidates who successfully pass this test will be processed for a waiver.

- **Pre-accession marijuana usage:** The revised policy will remove the service prescribed numerical limitations on prior use of marijuana when determining accession qualifications. In accordance with DOD standards, a medical diagnosis of substance-related disorders or addiction remains medically disqualifying for service. Additionally, any legal proceedings associated with pre-service use will continue to be reviewed and adjudicated separately and may be disqualifying depending on the nature of the offense(s). The Air Force will maintain a strict “no use” policy. An applicant or enlistee will be disqualified for service for drug use after the initial entrance interview.

The waiver process changes are effective immediately. The Air Force continues to work with the Office of the Secretary of Defense and the other services to review existing medical accession standards to allow the highest number of qualified individuals possible to serve.

“Among the fundamental qualities required of our Airmen is being ready to fight and win our nation’s wars. These accession standards ensure we maintain our high standards while bringing more consistency to our policies,” said Air Force Chief of Staff Gen. David L. Goldfein. “As medical capabilities have improved and laws have changed, the Air Force is evolving so we are able to access more worldwide deployable Airmen to conduct the business of our nation.”

FORT SAM HOUSTON

Tiny life-saving device receives U.S. FDA clearance

By Steven Galvan

U.S. ARMY INSTITUTE OF SURGICAL RESEARCH

The ability to measure the body's capacity to compensate for blood loss, also known as the compensatory reserve, has been the focus of researchers at the U.S. Army Institute of Surgical Research, or USAISR, at Joint Base San Antonio-Fort Sam Houston for years.

Hemorrhagic shock from blood loss is the leading cause of death in trauma patients. Traditional methods of taking vital signs does not detect when a patient is on the verge of crashing or going into hemorrhagic shock and potentially dying from blood loss.

With that in mind, USAISR researchers collaborated with scientists and engineers at the University of Colorado and Flashback Technologies Inc., to develop an algorithm, the Compensatory Reserve Index, or CRI, to detect when a patient is going into hemorrhagic shock.

The tiny device is the first medical monitoring technology capable of providing early detection of impending circulatory shock in trauma patients and received clearance from the U.S. Food and Drug Administration in December 2016 to be used in pre-hospital and hospital settings.

"Our research has revealed that the measurement of the compensatory reserve is the single most important indicator for early and accurate assessment of imminent shock because it represents the body's ability to adjust for the threat of inadequate oxygen in the tissues due to blood loss" said Victor "Vic" Convertino, Ph.D., USAISR Senior Scientist for the U.S. Army Medical Research and Materiel Command Combat Casualty Care Research

Program, which funded the research.

The CRI utilizes an algorithm to take information from a standard pulse oximeter placed on the finger of a patient and gauges whether a patient requires resuscitation or immediate medical attention.

Equipped with a gauge similar to a fuel gauge in a motor vehicle, the device detects when a patient is in danger of crashing or going into hemorrhagic shock. This technology will be beneficial for medics who don't have much experience in the battlefield to care for wounded warriors needing immediate medical attention.

"FDA clearance is a significant milestone because it paves the way for fielding a compensatory reserve measurement device to give combat medics on the battlefield a tool to predict hemorrhagic shock as well as emergency medical technicians in civilian medical settings," Convertino said. "The ability to measure the compensatory reserve continuously and in real time will revolutionize medical monitoring from early diagnosis of the trajectory toward shock to accurately guiding fluid resuscitation or providing feedback of intervention effectiveness."

Among the first people to try out an early prototype for measuring the compensatory reserve was former Army Surgeon Maj. Gen. Patricia Horoho, who called it a "game changer" during her visit to the USAISR in 2013.

Convertino and his team were able to use the compensatory reserve algorithm to learn from an individual's own arterial waveform how the body is using its compensatory mechanisms. The research team learned that waveforms obtained from a simple pulse oximeter that is carried by combat medics could



COURTESY STEVEN GALVAN

Victor "Vic" Convertino, Ph.D., a U.S. Army Institute of Surgical Research Senior Scientist, demonstrates the functions and capabilities of the Compensatory Reserve Index to Maj. Gen. Barbara Holcomb, Commanding General, U.S. Army Medical Research and Materiel Command.

The tiny device is the first medical monitoring technology capable of providing early detection of impending circulatory shock in trauma patients and received clearance from the U.S. Food and Drug Administration in December 2016.

be used to generate a compensatory reserve measurement device.

"With newly advanced computer technologies, we now have the capability to measure features of each arterial waveform that reflect the sum of all mechanisms of compensation that affect the heart (ejected wave) and the arteries (reflected wave)," Convertino said.

With analysis of each arterial waveform, the algorithm becomes more accurate in predicting the body's ability to protect itself from inadequate tissue oxygenation (shock) or begin to decompensate.

"The compensatory reserve measurement device will be important for triage because of stressful battlefield conditions," Convertino said. "There's lots of noise, lots of adrenaline, and not much equipment which can make diagnosis especially hard for medics on the battlefield. This device will help medics save lives on the battlefield."

Additionally, the compensatory reserve measurement algorithm was recognized with an Emergency Medical Services "Top 10 Innovation of the Year Award" at the 2014 EMS Today Conference and Exposition in Washington, D.C.

Career, education opportunities available for Soldiers transitioning to civilian life

By Lori Newman
BAMC PUBLIC AFFAIRS

The Army Career and Education Readiness, or CER, Program offers Soldiers in transition several resources including internships, vocational training, continuing education and work assignments within the Army.

"Soldiers who are transitioning out of the military have a choice of working on their career or pursuing their education or some type of certification that will help them toward their career as they transition from the military," explained Pam Mandell, Brooke Army Medical Center Warrior Transition Battalion, or WTB, transition coordinator at Joint Base San Antonio-Fort Sam Houston.

"Soldiers who are remaining in the military can work in different organizations throughout Joint Base San Antonio while they are in the WTB."

CER activities are a required component of transition for all eligible WTB Soldiers. To be eligible medical management must conclude a Soldier medically, emotionally and physically ready to participate and the WTB commander determines if the Soldier demonstrates the initiative and self-discipline for CER activities.

Soldiers begin working with members of their CER team during in-processing. These cadre members help the Soldier set career goals and find meaningful CER activities that align with their goals. Career planning ensures Soldiers' CER activities are providing them with skills and knowledge that will best suit them for their future roles.

Soldiers participating in CER can utilize the Operation Warfighter Initiative, a federal



COURTESY BEN SHERMAN

Frank Howe (left), U.S. Army Corps of Engineers safety representative, talks with Army Staff Sgt. Louis Thompson about identifying hazardous situations on job sites at Fort Sill, Okla.

internship program established by the Department of Defense in 2006. The goal of the initiative is to match service members with opportunities that utilize both their military and non-military skills, creating productive assignments that are beneficial to both the service member and the employer.

"Operation Warfighter is an internship opportunity to get to go work with a federal agency to learn to use the skills you learned in the military, as well as gain extra work experience that is going to look great on your resume," said Erasmo Valles, regional coordinator for

Operation Warfighter during a recent WTB town hall meeting.

"It's going to give you a chance to see a bird's eye view of an agency to see if it's what you would like to do or just to get out of the barracks and acclimatize yourself to the civilian workforce."

Staff Sgt. James Barrett is currently interning as an intelligence research specialist with the Drug Enforcement Administration and is hopeful he will soon be employed there.

"I took some college classes, but at the same time while transitioning out of the Army, I

asked the transition coordinator to help me find an internship which would allow me to get some experience with a civilian agency," Barrett said. "I took advantage of the opportunities that were presented to me."

Barrett highly encourages his fellow WTB Soldiers to explore the possibilities available to them.

"Most of the people you work with are prior military and they are happy to have us come give whatever assistance we can provide," he said.

Interns work side-by-side with research specialists, ex-

plained Henry Gonzalez from the DEA.

"We are not only looking for people with an intelligence background but anyone who has a reconnaissance, law enforcement, or administrative experience," Gonzalez said. "We will train them to get the experience as an intelligence research specialist."

Spc. James Burkett is currently interning with the U.S. Secret Service.

"I will go to my medical appointments half the day and then the other half I'll go to my internship," Burkett said. "I'm also going to school full-time; I will be graduating this December with a bachelor's degree."

"We are looking for Operation Warfighter interns," said Scarlet Bennett, U.S. Secret Service. "Burkett has done an excellent job. Part of his duties is to help us with counterfeit currency that comes in. He has also helped with in-town protective security."

Burkett is also hoping to be hired with the U.S. Secret Service. "It's looking more and more favorable," he said.

The representatives from the DEA and the U.S. Secret Service said the hiring process takes time, so it's better to start an internship sooner than later.

"We currently have 13 Soldiers participating in internships through the Operation Warfighter program in several agencies, including Homeland Security, human resources, transportation, DEA, Secret Service, U.S. Marshalls and the Defense Finance and Accounting Service," Mandell said.

"Most of the organizations we work with have hiring authority so they can bring the Soldiers in as interns so they can work their way up once they transition out of the military."

BAMC earns re-designation for support of breastfeeding

By Lori Newman

BAMC PUBLIC AFFAIRS

Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston once again earned the Texas Ten Step Program facility designation from the Texas Department of State Health Services.

The Texas Ten Step Program encourages breastfeeding as the preferred method of feeding for newborns and infants. BAMC joins a growing number of Texas birth facilities that are supporting new mothers and their decision to breastfeed.

Based on the World Health Organization/United Nations Children's Fund's "Ten Steps to Successful Breastfeeding," the program aims to assist birth facilities' support of breastfeeding mothers before, during, and after delivery. It encourages facilities to identify breastfeeding resources for the mother after discharge and assists

in improving on national performance measures such as the Centers for Disease Control's Breastfeeding Report Card.

"We have worked very hard to earn the Texas Ten Step Program designation," said Air Force Maj. (Dr.) Nicholas Carr, medical director, BAMC Newborn Medicine. "Our score was 92."

The goal of the Texas Ten Step Program is to increase breastfeeding initiation rates to 82 percent.

"We first received this certification in 2010 and this is our highest score yet," said Jennifer Hill, lactation consultant. "Our team from nursing and pediatrics has worked diligently to improve our staff education to provide consistent evidence-based information and support to our patients."

Texas Ten Step facilities are asked to address 85 percent of the Ten Steps to Successful Breastfeeding, be designated as a Texas

Mother-Friendly Worksite, evaluate their breastfeeding policies, maternity care practices and educate all healthcare staff routinely with evidence-based courses.

"Not only did BAMC institute online lactation education for clinical staff, we've added an outpatient lactation consultant in our pediatric clinic, a breastfeeding support group and are working to improve lactation rooms for mothers who are pumping," Hill said. "We continue to strive to improve services for breastfeeding families and employees here at BAMC."

"This re-designation is a capstone of all the hard work by our lactation team and the care provided by our entire Maternal-Child department on a daily basis," Carr said. "They are truly remarkable and a credit to this facility."

For more information on the Texas Ten Step Program, visit texastenstep.org.

BAMC begins new year with special delivery

By Robert Whetstone

BAMC PUBLIC AFFAIRS

Babies racing against the clock has become a New Year's ritual among local hospitals in the San Antonio area. The pinnacle for the first-born baby of 2017 was a \$10,000 scholarship donation from the University of Incarnate Word. Metropolitan Methodist Hospital delivered the first baby at 12:11 a.m., Jan. 1.

Lexy Curtis was not the first born in San Antonio, but she was the first to arrive at Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston at 7:22 a.m. Little Lexy didn't know she had some competition. On the night of Dec. 31, 2016, the BAMC staff delivered three babies between 11:15 p.m. and 11:45 p.m.

"We did not know we were in the running for the scholarship," said Justin Curtis, the proud new father who currently works for an insurance adjuster in Boerne, Texas. Lexy's prize for entering the world are two proud parents, two brothers, one sister and a basket full of helpful goodies provided by the BAMC Auxiliary and the neonatal intensive care unit staff.

"The BAMC staff was great," said Army Sgt. Tiffany Curtis, a medical supply specialist in the Active Guard Reserve Program with the 7210th Medical Support

Unit at JBSA-Fort Sam Houston. "They were attentive and came quickly when I needed them."

The new parents received a surprise visit from Brig. Gen. Jeffrey Johnson, BAMC commander. Johnson personally delivered the gift basket and took time to congratulate mom and dad and welcome Lexy to the Army family.

They were surprised to find out Lexy was the first baby born at BAMC for 2017.

"The staff did notify us that the general would come to visit," said Justin Curtis. "The gift basket was a nice surprise and we appreciate it very much."

The new addition to the Curtis family is receiving plenty of attention.

"They (brothers and sisters) all love baby Lexy," said Tiffany Curtis. "They like to give her kisses and take turn holding her."

This year marked the 17th year in a row local hospitals came together to welcome San Antonio's "Baby New Year" by contributing and presenting gifts to the first born after midnight on Jan. 1. In addition to the UIW scholarship, Baby New Year received gift cards from local merchants, donated by local hospitals. Also donated were a baby swaddle, car seat and portable playpen.

FORT SAM HOUSTON BRIEFS

Thinking Money for Couples

Date/Time: Jan. 20, 11:30 a.m. to 1 p.m.

Location: Military & Family Readiness Center, building 2797.

Couples explore ways behavioral biases affect financial decisions. To register, call 221-2705.

Newcomer's Orientation & Spouse Information Fair

Date/Time: Jan. 20, 8 a.m. to noon

Location: Military & Family Readiness Center, building 2797.

Mandatory for all military, civilian personnel newly assigned to Joint Base San Antonio. Be seated by 7:50 a.m. Service members should coordinate with their Unit Personnel Coordinator or Commander Support Element prior to attending. In conjunction with orientation; vendors and supporting agencies will be on site at 10:30 a.m. for the Spouse Information Fair. For more information, call 221-2705.

Accessing Higher Education

Date/Time: Jan. 23-25, 7:30 a.m. to 5 p.m.

Location: Education Center, building 2268.

A three-day track for service members perusing higher education. Review requirements, compare institutions, financing and more. Call 221-1213 to register.

Family Readiness Group Leadership Academy

Date/Time: Jan. 24-25, 8:30 a.m. to 4:30 p.m.

Location: Military & Family Readiness Center, building 2797.

Training provides commands with a better understanding of their FRGs, how to utilize their volunteers, in addition to their roles and responsibilities to the families. Call 221-2418.

Citizenship & Immigration Assistance

Date/Time: Jan. 24, 9 a.m. to noon

Location: Military & Family Readiness Center, building 2797

A Citizenship & Immigration Service (USCIS) Officer will be onsite to assist patrons with applications. Service members and their families will take the Oath of Allegiance during the Naturalization Ceremony at 2 p.m. Call 221-2705.

Army FAP Unit Training

Date/Time: Feb 15, 9-11 a.m. and 1-3 p.m.

Mandatory Unit Family Advocacy Training in accordance with Army Regulation 608-18 regarding domestic and child abuse identification, reporting and prevention. For reservations, call 221-2418.

Infant Massage

Date/Time: Feb. 3, 13, and 20, 9-10:30 a.m.

Location: Military & Family Readiness Center, building 2797

This three-part series must be completed in order. Learn techniques for infant massage that help normalize muscle tone, stimulate brain development and relieve discomfort from colic allowing babies to sleep better. Registration required: 221-2418.

Road in Iraq honors former Navy SEAL doctor

By Dr. Steven Galvan
U.S. ARMY INSTITUTE OF
SURGICAL RESEARCH

Need directions to the Forward Surgical Team facility at the Logistical Support Area just south of Mosul, Iraq? It's easy to find. It's on the corner of the base runway flight line and Frank Butler Boulevard. The road was named in November 2016 to honor retired Navy Capt. (Dr.) Frank K. Butler Jr.

Butler started his career as a Navy SEAL officer, went on to become an undersea medical officer and then an eye surgeon. He retired as the command surgeon of the U.S. Special Operations Command in 2006.

"This was a complete surprise," said Butler, chairman of the Committee on Tactical Combat Casualty Care and chief of prehospital trauma care at the U.S. Army Institute of Surgical Research Joint Trauma System at Joint Base San Antonio-Fort Sam Houston. "Navy Capt. Tom Craig, a deployed emergency medicine physician, emailed me from Iraq and told me about it."

Craig, a physician serving at a medical facility in Mosul, led the effort to name the road at the LSA after Butler as a result



COURTESY PHOTO

A road at the Logistical Support Area just south of Mosul, Iraq, was named after retired Navy Capt. (Dr.) Frank Butler.

of Butler's 20 years devoted to developing and improving Tactical Combat Casualty Care, or TCCC. TCCC is a set of evidence-based, best-practice prehospital trauma care guidelines customized for use on the battlefield.

TCCC has become the standard throughout the Department of Defense and in allied militaries for battlefield trauma care and has been credited with saving thousands of lives in combat in Iraq and Afghanistan.

Butler's involvement in developing TCCC began in 1996 when he co-authored a manuscript that was published in a supplement to the peer-reviewed medical journal *Military Medicine*. The document, titled "Tactical Combat Casualty Care in Special Operations" presented the results of a four-year research effort that reviewed the evidence base for every aspect of battlefield trauma care as it was practiced in the U.S. military in 1992 and proposed sweeping changes in this care.

"Our country's men and women in uniform count on military medicine to provide them with the best care possible if they are wounded in combat — and we must live up to that trust every day."

Capt. (Dr.) Frank K. Butler

"That 1996 article did as much as any other single piece of medical literature to nudge the military medical community forward in modernizing combat casualty care," said Frumentarius (a pseudonym for a former SEAL/CIA case officer) in a story published on the website <http://sofrep.com> in December 2016. "Frank Butler's contributions to TCCC have continued unabated over the course of the 20 years since the publication of the 1996 paper."

Having a road named to honor him means a great deal to Butler, "Because it happened as a spontaneous 'thank you' for TCCC from the Navy docs and corpsmen at our Role II in Iraq and they are the ones out there using TCCC to save lives downrange," he said.

"Also, and very importantly, this is a strong endorsement for the work done by the Committee on TCCC and the TCCC Working Group over the last 15 years to improve battlefield trauma care," Butler added. "Many advances in combat casualty care achieved by the military in wars past have been lost during the ensuing peace interval. After seeing the dramatic reduction in preventable deaths that TCCC has helped to achieve, the U.S. military has to ensure that we sustain this success, so that it will benefit our country's combat wounded in the future. Our country's men and women in uniform count on military medicine to provide them with the best care possible if they are wounded in combat — and we must live up to that trust every day."

U.S. Army South trains for post-captivity reintegration

By Lt. Col. Carol McClelland
U.S. ARMY SOUTH

As U.S. Southern Command's designated command to execute post-captivity reintegration for all services, U.S. Army South held a reintegration ROC Drill, or rehearsal of concept drill, at Joint Base San Antonio-Fort Sam Houston Jan. 8-10.

Attending the training were personnel from multiple government agencies, other mil-

itary branches and Soldiers and civilians who may have a role in an Army South reintegration mission, including command newcomers.

"This is my second favorite work topic to talk about," said Dr. Gary Percival, Assistant Deputy Director of Human Factors at the Joint Personnel Recovery Agency, who addressed attendees during the U.S. Army South Reintegration ROC Drill at JBSA-Fort Sam Houston.

With survival, evasion, resistance and escape, or SERE, being Percival's first favorite work topic discussion, he gave the group some insight into the 10 different events that included about 50 returnees and approximately 12 separate families he's been involved with since 1998.

"Where do we get the process?" Percival asked the group. "From more than 60 years of studying people who've been held in captivity and how they came back."



LT. COL. CAROL MCCLELLAND

Brig. Gen. James Wong, Army South deputy commanding general and director of Operations and National Guard Affairs, addresses attendees during a biannual training session on reintegration Jan. 10 at Joint Base San Antonio-Fort Sam Houston.

LACKLAND

Honorary commanders learn about mission

By Tech. Sgt. Carlos Treviño

433RD AIRLIFT WING PUBLIC AFFAIRS

Five members from the 433rd Airlift Wing Honorary Commanders program toured 433rd Mission Support Group units Jan. 7 at Joint Base San Antonio-Lackland.

The 433rd MSG provides services and support to the more than 2,500 members of the 433rd Airlift Wing as well as to an additional 1,000 personnel assigned to 14 units under the 960th Cyber Operations Group.

The weather was the coldest of the new year in San Antonio so far; however, Col. David Enfield, 433rd MSG commander, was impressed with how excited the Honorary Commanders were to visit the Alamo Wing members.

"They can help Airmen be better ambassadors for the Air Force Reserves and learn what we do for our country and what the Reservists do for our unit," he said. "It is important to show them why we are here and what our role is (in national defense)," Enfield said.

The Honorary Commanders visited with logistics support, aerial port, security forces, firefighters and explosive ordnance disposal Airmen throughout the chilly morning while handling an array of equipment used in Air Force specialties.

Master Sgt. Adam Pileggi, an explo-



Master Sgt. Adam Pileggi, 433rd Civil Engineer Squadron explosive ordnance technician, explains the features of an F-6 bomb disposal robot to Honorary Commander George Baillet (right), San Antonio Housing Commission, Jan. 7 at Joint Base San Antonio-Lackland.

sive ordnance technician with the 433rd Civil Engineering Squadron, believes that tours like this give local civic leaders a better understanding of the variety of skills Traditional Reservists have developed.

"Although the temperature along with the breeze was less than desirable,

the honorary commanders appeared excited to learn about the EOD career field, and its mission at JBSA-Lackland," he said. "It is imperative that we offer the public these type of outreach events to show them the importance of what each career field can and do provide to the base and its host city."

Kelly Lerch, group talent acquisition manager for Enterprise Holdings, enjoyed the learning aspect of the tour.

"It was amazing," she said. "I like to learn about what you guys (Airmen) do in the civilian world and get a better understanding of how we can better support them as an employer. I like learning about learning about the different areas of what Reservists do in the Air Force careers."

The Honorary Commanders Program was established to encourage an exchange of ideas, share best practice, and nurture friendship between key members of the local civilian population and the Joint Base San Antonio military community. The program provides an exclusive opportunity for San Antonio area civic leaders to shadow the 433rd AW, group and squadron commanders.

"As military members we tend to forget that the public may not always be aware of the diversity behind the uniform. These events also provide a great platform for the recruiting of our future Airmen," Pileggi said.

"Even though it was cold, I was glad they came out and braved the cold," Enfield said. "I think it was well worth both of our times."

For more information about the Honorary Commander's program, contact the 433rd AW Public Affairs office at 925-5194.

AF Wing Moms tour Alamo Wing

BY 433RD AIRLIFT WING PUBLIC AFFAIRS

The 433rd Airlift Wing hosted Air Force Wing Moms from around the country during a C-5M Super Galaxy aircraft tour Jan. 5. here. The AFWM is the largest non-official support group for family members and friends of trainees who are experiencing Air Force Basic Military Training. Some of the duties of the AFWM include, providing directions to family members visiting the base, where family mem-

bers can purchase signs and banners, lodging accommodations, and social media discussion groups.

"We are all virtual admins, we have representatives throughout the entire United States, through Facebook and our official website. We provide positive support and encouragement through education for the family members and loved ones who have members going through Air Force BMT," said Lisa Haar, AFWM founder.



Senior Airman Rikel Cifre (right), 433rd Aircraft Maintenance Squadron crew chief, opens the tail hatch during a C-5M Super Galaxy aircraft tour for the Air Force Wing Moms on Jan. 5 at Joint Base San Antonio-Lackland.

BENJAMIN FASKE

JBSA customers can download ICE phone app

By David DeKunder

502ND AIR BASE WING PUBLIC AFFAIRS

Customers at Joint Base San Antonio locations can provide feedback on services they utilize through their smartphone using the ICE app.

The Interactive Customer Evaluation phone app is an online tool that Department of Defense customers can access and use to submit comments on services provided by various organizations at Department of Defense installations.

ICE helps to improve customer service by providing customer reports and comments to managers on the satisfaction levels of services provided.

Information on downloading the ICE app for Android and Apple smartphone devices is at https://ice.disa.mil/index.cfm?fa=directions_to_add_icon.



COURTESY GRAPHIC

LACKLAND BRIEFS

Medina firing range trespass notice

Trespassing on the Medina Firing Range is both illegal and dangerous due to gunfire. Weapons training is conducted daily at the firing range, located at 900 Patrol Road on Joint Base San Antonio-Lackland Training Annex at Medina. For more information or valid entry requests, contact the 37th Training Support Squadrons, Combat Weapons Section range control office at 671-2349 or 671-0023.

JBSA-Lackland Spouses' Club scholarship program

The Joint Base San Antonio-Lackland Spouses Club is seeking applicants for their scholarship program. Eligible applicants include military dependents who are high school seniors graduating from a San Antonio area high school (or homeschool) and the civilian spouses or widows of Armed Forces personnel. Military spouses or widows must be pursuing a technical, associate, undergraduate or graduate degree. Military dependents who are geographically separated from their military sponsor currently stationed at JBSA-Lackland are eligible for the scholarship if they are not otherwise eligible for a military "Spouses Club" scholarship at their location. Download the application at lacklandosc.org/philanthropy/scholarships/ or email lacklandscholarships@gmail.com for more information.

Active parenting of teens

Date/Time: Thursday and Jan 26, 1:30-3:30 p.m.

Location: building 2513

This class will give parents the confidence and courage to meet the challenges while savoring the joy of their children's teen years. The Family Advocacy is hosting this four-part workshop at Wilford Hall Ambulatory Surgical Center, room 9D09, on the 9th floor. The class is by appointment only and is for military members and their spouses. To register, call 292-5967.

Employment symposium

Date/Time: Tuesday, 9 a.m. to noon

Location: Military & Family Readiness Center, building 1249
Finding a job and building your career can be a challenge if you're not sure where or how to start. Make connections within the city and learn about the local job market. Patrons can speak with civilian and NAF Personnel, the Texas Workforce Commission, private industries and more. Review required supporting documents that are needed when applying for a federal job and discuss resources like Priority Placement Program (PPP), spousal preference, employment assistance, resume review, volunteer opportunities and more. Call 671-3722 for more information.

Heart link

Date/Time: Tuesday, 8:30 a.m. to 2:30 p.m.

Location: Wilford Hall Ambulatory Surgical Center, building 4600
Heart Link is an orientation for military spouses of any branch of service. Meet new friends while learning about the military mission, lifestyle, protocol and programs available. A light breakfast and lunch will be provided, registration required. Call 671-8388 to register.

Employment Workshop

Date/Time: Wednesday, 8 a.m. to 1 p.m.

Location: Military & Family Readiness Center, building 1249
Attendees can review the federal employment process, resume writing techniques, interviewing skills and how to dress for success. Participants need to bring a copy of their current resume. To register, call 671-3722.

Couponing in the 21st century

Date/Time: Thursday, 9-11 a.m.

Location: Military & Family Readiness Center, building 1249
This class discusses the basics of the couponing, ways to save on traveling, eating out, military discounts, rebates and more. Call 671-3722 for more information.

RANDOLPH

Overcoming the fire: a story of survival, healing

By Airman 1st Class Lauren Parsons
502ND AIR BASE WING PUBLIC AFFAIRS

Poking, prodding, patching and splinting — the doctors were doing everything they could to assess and treat Staff Sgt. Bryan Nelson.

Just days earlier, Nelson was out with a convoy near Bagram Airfield, Afghanistan. Now he found himself lying in a hospital bed at the San Antonio Military Medical Center.

One doctor walked over, carrying a card with the outline of a human body on it. He wrote a number, crossed it out, wrote another number and repeated the process several times. Each time, the number got larger. Finally, he stopped around 50.

"What are you doing?" asked Nelson. "This is the percentage of your body that's burned," the doctor said.

Dec. 21, 2015

Nelson, a security forces defender, described that Monday in Afghanistan as "just like any other day."

He went to breakfast, went to the gym and showed up for work.

While on deployment, he was tasked with tactical security element, working hand-in-hand with the Air Force Office of Special Investigations. When OSI went out to gather intelligence and contact sources, it was Nelson's job to look for outside threats and ensure they were safe.

That Monday, his convoy left the entry control point and drove towards a nearby village.

"The one thing we noticed right away was there was nobody there," Nelson said. "We drove a big truck, so when people see them coming, everyone goes to them, especially when they're parked because they try to get free stuff from you."

"There were no kids, no nothing, so that struck us as a little bit odd," Nelson continued.

The convoy pushed through on foot to the other side of the village and hit the limit of how far they wanted to go. Still, there was no one around, so they decided to turn back toward the trucks.



AIRMAN 1ST CLASS LAUREN PARSONS

Staff Sgt. Bryan Nelson, 802nd Security Forces Squadron training NCO, fires an air pistol during the week-long Air Force Wounded Warrior (AFW2) Warrior CARE event Jan. 11 at Joint Base San Antonio-Randolph.

On the way back, they ran into a group of people — maybe three to four — who told them no one was around because there was a funeral going on and directed them to where the village elders' house was located, which was about 100 yards west.

"We had parked right by the cemetery, and there was nobody there, so there wasn't really a funeral going on," Nelson said.

At that point, they split up in to two teams, red and gold. Nelson's team, gold, held tight to the current location while the red team went ahead to meet with the village elders. After about 45 minutes, the red team was wrapping up, so Nelson's team made its way to a street location just north of the village elders' house to wait and rendezvous with the red team.

"Everybody was conducting their checks making sure nobody had lost anything and all sets of items were accounted for," Nelson recounted. "The OSI agents were comparing their notes, and the next thing I know, all I hear is a loud boom and everything just went black."

When he came to, Nelson said he instantly felt pain in the lower part of his body. He looked down to find his

legs engulfed in flames.

"I tried patting them out, but that wasn't working, so I went ahead and rolled on the ground and extinguished the flames," he said.

The squad leader began conducting an accountability check to see who was hurt and what everyone's status was. Some people answered. Some didn't.

A quick reaction force was called for assistance, which was comprised of Georgian military members with a Marine detachment of joint terminal attack controllers, or JTACs, and a Marine medic. The QRF responded in about 15 minutes, but he said it felt more like an hour.

Nelson said the medic took a look at him, told him to lay on a stretcher and not to move anymore. He said he still remembers looking up and seeing UH-60 Black Hawks come in with AH-64 Apaches flying cover to transport them back to base.

The Road to Recovery

That seemingly normal Monday, one single Taliban suicide bomber road in on a motorcycle and set off an explosion, killing six Americans. Nelson survived the "deadliest attack that year," according to a New York Times report.

He was transported back to Bagram

for a day before he was taken to Germany where he met the SAMMC burn team, who brought him back to the U.S. He had sustained second and third degree burns to nearly 50 percent of his body, a broken tibia, a torn Achilles tendon, a traumatic brain injury and shrapnel wounds.

To date, Nelson has undergone at least four surgeries.

"[The doctors] said to be 100 percent again, it could take up to two years," Nelson, now an 802nd Security Forces Squadron training NCO, said. "I still have, that I know of, another two surgeries to go."

Nelson said he doesn't like to look back on that Monday and talking about it isn't easy.

"Am I grateful to still be here? Yes of course," Nelson said. "At the same time, I'm sad because you have that survivor's guilt; you have the knowing that six of your friends didn't come back with you. It's a rollercoaster of emotions."

Nelson credits his family for the success he's had in his recovery. His wife, Tech. Sgt. Anastasia Nelson, 433rd Training Squadron instructor and Nelson's caregiver, their 4-year-old son, Christopher, both his parents and grandmother all live in San Antonio.

"It helps keeps things in perspective, and it helps give me drive," Nelson said. "There are some days when I don't necessarily want to do things, but just seeing them pushes me and makes me want to be better."

Life as a Wounded Warrior

Nelson said he would like to make progress in being able to open up and talk more about what happened. One way he's making strides is by attending the Air Force Wounded Warrior (AFW2) Warrior Care event Jan. 9-13 at Joint Base San Antonio-Randolph.

"I didn't really know what to expect," he said. "But then you have all these people coming up to you and talking to you, and you break out of your shell really quick and it definitely helps."

Nelson said he hopes to gain perspective from attending the AFW2 Warrior

OVERCOMING continues on Page 15

AF mentors help Airmen succeed, lead

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

National Mentoring Month, an annual observance in January, focuses on the role volunteer mentors play in shaping America's young people and helping them achieve their full potential.

It's a role the Air Force takes seriously.

Air Force Manual 36-2643, which provides guidance for the service's mentoring program, calls mentoring "an essential ingredient in developing well-rounded, professional and competent future leaders" and "an inherent responsibility of leadership."

Starting early in their careers and continuing throughout their service, all Airmen — officers, enlisted members and civilians — are encouraged to seek the advice and encouragement of mentors and to later draw on their experiences to serve as mentors.

In addition to one-on-one discussions with mentors and group sessions in settings such as the First Term Airmen Center, Airman Leadership School and professional enhancement seminars, Airmen have access to mentoring opportunities through the Air Force's MyVector web-based mentoring net-



JOEL MARTINEZ

Senior Master Sgt. Lloyd Stinson, 902nd Security Forces Logistics Readiness Squadron deputy fire chief, mentors Senior Airman Brice Haylett and Staff Sgt. Allen Roby Jan. 11 at Joint Base San Antonio-Randolph.

work.

Mentoring positively impacts the Air Force mission by improving morale and unit cohesion, enhancing professional and personal development, and increasing mastery of Air Force competencies, said Master Sgt. Deogracias Manosca, Air Force Personnel Center Mission Readiness Training Program manager.

"I feel the greatest benefit is how mentoring sustains the Air Force mission," he said. "Even the greatest leader

has to close their Air Force chapter one day; by being an effective mentor to as many mentees as possible perpetuates the mentoring cycle, helping ensure we continue to fly, fight and win into the far and foreseeable future."

Senior Master Sgt. Lloyd Stinson, Joint Base San Antonio Fire Emergency Services deputy fire chief at JBSA-Randolph, and Thomas Burchett, Air Education and Training Command Inspector General logistics inspector, said

mentors are the voices of experience.

"You have somebody who's been down that road — someone who's been there and done that," Stinson said. "I try to tell younger NCOs and Airmen things I wish I'd known at that time in my career, things that can prevent them from making bad mistakes."

A mentor is someone Airmen can turn to for guidance, Burchett said.

"I had someone who directed me," he said. "A mentor is someone who will point them in the right direction. It gives Airmen an informal forum to address the issues and anxieties they may be having."

In addition to guiding Airmen when they are struggling, mentors can also help them broaden their horizons.

Stinson, who serves as the JBSA-Randolph Top III mentorship committee lead, said he tells Airmen to expand their roles beyond their career fields.

"I tell them to be a part of professional organizations and to serve as volunteers," he said. "There's learning and growth in that."

Burchett, who regularly serves as a mentor during Airmen's Week at basic military training, said MyVector can be

MENTORS continues on Page 17

OVERCOMING

From Page 14

Care week.

"You think you have it bad, but then you hear some of the other situations that people are going through, and you're like, 'I really don't have it that bad,'" Nelson said. "If they can face every day with a smile on their face, and if they have the motivation to go ahead and push, then there's no reason why I can't do the same."

One of the most helpful parts of the Warrior CARE week are the instructors assisting the wounded warriors in different sports activities, Nelson said.

"The coaches and the people instructing make everything, not easy, but doable," Nelson said. "You can tell they definitely enjoy their job, and they definitely want to be here, which in turn, motivates me to want to push myself that much harder."

Since the incident, Nelson has pushed

himself to beat every date the doctors set for him.

"My first goal was I wanted to get out of the hospital earlier than what they told me I would, and I did that," said Nelson. "I wanted to get back to work earlier than what they told me I would, and I did that."

Now he has his eyes focused on making technical sergeant and getting cleared to run again so he can complete a physical fitness test.

"I'm looking forward, as weird as it sounds, to taking an actual PT test," he said.

Perhaps Nelson's biggest goal is to one day run the Styr Labs Badwater 135 race, or "The World's Toughest Foot Race," as the Badwater website refers to it as. The race entails 135 miles non-stop on foot from Death Valley to Mount Whitney, Calif.

"The doc said to go big," Nelson said. "Eventually I'd like to get there. I don't know how I'm going to go about doing that, but I think if I push myself hard enough, anything is possible."

JBSA hosts Wounded Warrior CARE event

BY 502ND AIR BASE WING PUBLIC AFFAIRS

The U.S. Air Force Wounded Warrior Program's weeklong Warrior CARE event concluded Jan. 13 at Joint Base San Antonio-Randolph.

During the Jan. 9-13 event, the keynote speaker, Master Sgt. Michael Moroney, a former pararescueman, touched on one of the recurring themes of the week: hugs.

"AFW2 is big on hugging, so hug people," said Moroney. "Just give me a hug, and we are going to be all right!"

Moroney also shared a story from earlier in his career while he was performing rescue operations during Hurricane Katrina.

While he was conducting a search-and-rescue, one little girl stood out to him and gave him the strength to keep going — just by smiling — when the demands of his job were weighing on him.

"If she can smile, I can smile; it's not that bad," said Moroney. "This little girl was exactly what I needed; she wrapped me up in this hug and all of it went away. I didn't feel any pain; I didn't hurt. I felt good."

AFW2's Warrior CARE events provide wellness activities for seriously wounded, ill and injured military members, veterans and their caregivers. The events focus on four aspects of CARE: caregiver support training, recovering airman mentorship training and employment and career readiness guidance. Wounded warriors also have the opportunity to participate in adaptive and rehabilitative sports, music and art therapy.

The most physical components of the event are adaptive and rehabilitative sports, which are designed to introduce wounded warriors to adaptive sports that aid in their recovery and promote mental and physical wellness and teamwork.

"We have events going on at the fitness center, and we also have closed-door sessions with military family-life counselors," said Marsha Gonzales, Warrior CARE support branch chief. "For our caregivers we have an employment readiness boot camp and we are training warriors that are in our ambassador program to tell their story and share their experience across the Air Force."

For the sports portion of this event, more than 100 wounded, ill or injured



SENIOR AIRMAN STORMY ARCHER

Air Force Wounded Warriors play wheelchair basketball during the 2017 Air Force Wounded Warrior Warrior CARE event Jan. 10 at JBSA-Randolph.

service men and women from around the country compete in wheelchair basketball, sitting volleyball, swimming, air pistol and rifle shooting, archery, and cycling as well as track-and-field competitions including shot-put, discus and running events.

Warrior CARE is set to close with a sitting volleyball and wheelchair basketball competition between JBSA leadership and Air Force wounded warriors, as well as members of the Airman Medical Transition Unit from JBSA-Lackland.

This is the last event before the 2017 Air Force Trials, which selects the Air Force team for the 2017 Department of Defense Warrior Games.

"These Airmen are here for you," said Moroney. "When wounded warriors find AFW2, they find out they are not alone and not the only ones hurting."

"This week will be a good week but a hard week," he continued. "What you are going to get out of this week is what you put into it. Open your mind; this is a very safe place."

For more information about the Air Force Wounded Warrior Program, visit woundedwarrior.af.mil.



SENIOR AIRMAN STORMY ARCHER

Air Force Wounded Warriors learn archery during the 2017 Air Force Wounded Warrior Warrior CARE event Jan. 10 at JBSA-Randolph.

RANDOLPH BRIEFS

Newcomer's Orientation

Date/Time: Jan. 23/8:30 a.m. to 12:30 p.m.

Location: Military & Family Readiness Center, building 693
Mandatory in-processing for all newly assigned JBSA-Randolph military and civilian personnel. Spouses are welcome to attend. Call 652-3036 to register.

JBSA-Randolph Tech Expo

Date/Time: Jan. 24/10 a.m. to 2 p.m.

Location: Parr O'Club
The 502nd Communications Squadron is hosting a Tech Expo. The event is free and is open to all DoD cardholders. For more information, please visit: FederalEvents.com/JBSA-Randolph.

Nominations for Outstanding JBSA Volunteers

Nominations for outstanding JBSA volunteers will be accepted Jan. 1 through Feb. 24. Volunteers will be recognized at the annual award ceremony on April 26 from 1 p.m. to 3 p.m. at the Military & Family Readiness Center, 3060 Stanley Road, Bldg. 2797, JBSA-Fort Sam Houston. Nomination forms can be found at jbsa.mil/Resources/Military-Family-Readiness/Volunteer-Resources or for more information please call one of the volunteer offices at JBSA-Randolph M&FRC, 652-5321; JBSA-Lackland M&FRC, 671-3722; or JBSA-Fort Sam Houston M&FRC, 221-9849.

Randolph Fleenor Theater Schedule

The Taj Mahal movie theater in the Fleenor Auditorium at Joint Base San Antonio-Randolph is now open. To view the upcoming movie schedule, visit: aafes.com/exchange-stores/Movie-Guide/.

Some Businesses Off Limits

There are a handful of businesses in the local area that are off-limits to armed forces members without exception. According to a 502nd Air Base Wing memorandum dated June 1, all 502nd ABW and Joint Base San Antonio military members are forbidden to enter any establishments named Cracker Box Palace, Planet K, Players Club of San Antonio, MJM Autohaus or VIP Spa. This also includes all locations in Bexar, Atascosa, Bandera, Comal, Guadalupe, Kendall, Medina and Wilson counties. These businesses are areas where suspicious activity has been reported that is perceived as damaging to the military mission. The JBSA Armed Forces Disciplinary Control Board meets quarterly to ensure safety and security is a top military priority. The establishment of off-limits areas is a function of command used to help maintain good order and discipline, health, morale, safety, and welfare of personnel assigned and/or located at JBSA and/or in the Greater San Antonio. Members will soon see briefings on this information at newcomer orientation meetings, commanders calls and unit bulletin boards. For more information, call 652-5727.

Flu Shots now available

Flu vaccinations are now available at the Joint Base San Antonio-Randolph Clinic. Walk-ins are welcome Monday-Friday, 7 a.m.-4:30 p.m. For more information, please contact immunizations at 652-3279.



TECH. SGT. BRIGITTE N. BRANTLEY

Defense Secretary Ash Carter (left) presents Air Force Secretary Deborah Lee James with the Department of Defense Medal for Distinguished Public Service during James' farewell ceremony Jan. 11 at Joint Base Andrews, Md.

MENTORS

From Page 15

a starting point for mentoring opportunities.

MyVector allows mentees to manage their career development with guidance from a mentor. They also are able to invite participants to serve as mentors, select mentors and chat with them online.

"Social media is big now," Burchett said. "MyVector is a social media avenue that allows people to reach out for a mentor. It's a great start for the process and a great place to centralize information."

However, Burchett prefers face-to-face interaction.

"For me, it's still all about talking with someone over the phone or in person," he said.

Air Force units at all levels play a vital role in mentoring. AFPC's Professional Development Council is one example.

"The PDC is AFPC's answer to providing mentoring and professional development resources to its population, from the individual to the organizational level," Manosca said. "Staffed by officers, enlisted members and civilians to represent the diverseness of AFPC, the PDC plans, hosts and coordinates mentoring and professional development events across internal and local organizations. Each month it focuses an event on a different segment of the workforce."

Recent activities include a generational leadership seminar and an Air Force Credentialing Opportunities Online — also known as AF COOL — and Professional Management Professional certification briefing, as well as monthly Technology, Entertainment and Design Talk Tuesdays, he said.

Career assistance advisors are another mentoring resource.

"As a career assistance advisor, mentoring is my full-time job," said Senior Master Sgt. Sarah Sullivan, JBSA-Lackland base career assistant advisor. "I am

responsible for organizing professional development opportunities across JBSA. The professional development committee falls under my purview, and we team up with senior NCOs across the base to mentor our replacements. We are actively involved in mentoring students at ALS and through courses like John C. Maxwell's Leadership Gold curriculum."

Sullivan said she has benefited from the experience of senior NCOs.

"Everything I know I learned from a mentor before me," she said. "It is our duty to pass that knowledge on to the next generation. My goal is help Airmen become better, faster and stronger than I was or am today."

Master Sgt. Elliott Velez, JBSA-Randolph career assistance advisor, said professional enhancement seminars provide a formal mentoring setting where company grade officers, NCOs and Airmen E-4 and below learn from their superiors.

Aside from his duties as a CAA, Velez mentors a few Airmen.

"These are Airmen who want to talk about their careers or are having trouble in their lives," he said. "I try to help them by relating my experiences and telling them how resiliency plays a part in overcoming their problems."

Mentoring can play a role in accelerating an Airman's development, Sullivan said.

"Mentoring gets us where we need to be — fast," she said. "One of my friends just made chief master sergeant at 15 years time-in-service. She was mentored from the time she was an airman first class and throughout her career."

"Couple that with motivation and you have one fast-burning Airman," Sullivan said. "Speed is not everything, but mentors keep us on track to avoid wasting time and energy in a spin."

Serving as a mentor brings great satisfaction and rewards, Burchett said.

"You become successful by serving others," he said. "You have to be more of a giver than a taker. The people you mentor will want to work harder for you."